





Physical Activity For Children Two to Three Years



Benefits of Physical Activity to Children

- ★ Healthy heart
- ★ Social development through play
- ★ Problem solving skills
- ★ Increased coordination and movement skills
- ★ Higher self-esteem

Physical Activities for Children Two Years to Three Years

Chase Me, Chase Me	Super Kids	Balance Trail	Log Rolling
 Playfully chase your child safely throughout the playground or open area and hug the child upon capture. " You chase, I flee, Can you catch me? All around we run, exercise can be fun."	 Work on your child's ability to jump and land safely by holding his or her hand while jumping from low steps, curbs, or boxes. Practice landing on both feet and bending the knees.	 Create a balance trail of objects such as wooden planks, twisted rope, and taped pathways that spark your child's movement and balance skills.	 Demonstrate how to create a long, stiff log shape on the floor with fingers clasped above the head and arms extended. Challenge your child to roll like a log by keeping the legs stretched and "glued" together.

Movements to Work on With Your Child

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|------------|---------|-----------|
| Balancing | Rolling | Sliding |
| Climbing | Running | Shuffling |
| Collapsing | Rushing | Tramping |
| Hiding | | Turning |
| Holding | | Twisting |
| Jumping | | Waddling |
| Marching | | |



Sample Toys for Children Two Years to Three Years

- Hippity Hops
- Light Wheelbarrow
- Play Barrels
- Pull Toys-With Strings
- Realistic Ride-Ons (Motorcycles, Tractors)
- Rhythm Instruments
- Rocking Horse-Stout Handles, Waist Height
- Sleds-Shorter Than Child's Height
- Spinning Seat



References:

Clements, Rhonda, Lee, Michael, G. H. C. Illustrations, & O'Sullivan. The Diane Lindner-Goldberg Child Institute, Parent's Guide To Physical Play. New York State Department of Social Services. July 99.

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